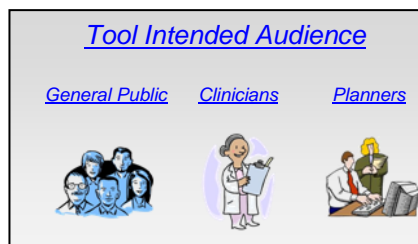


## Objective 30: Increase the proportion of adults who are at a healthy weight

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated May 2012



### Information, Facts, and Figures

#### [Be Active your Way Guidelines for Adults](#)

Resources to help adults increase their physical activity.



#### [National Heart, Lung, & Blood Institute—Obesity Information](#)

Resource for educational tools, understanding the research and evidenced based practice for obesity and the effect obesity has on chronic disease and early death.



#### [Dietary Guidance](#)

Diet and nutrition guidelines relevant to multiple cultural groups, including Hispanics, Native Americans, and Asians.



#### [CDC - Adult obesity](#)

Obesity is common, serious and costly. Get the latest facts and figures from the CDC on adult obesity.



#### [Physical Activity Guidelines for Americans](#)

Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.



### Maryland Services and Hotlines

#### [Healthy Maryland Businesses](#)

Workplace Wellness Programs are helping to control employee health risks and health care costs, reduce absenteeism, reduce injuries, and improve quality of life.



#### [Farmers Markets](#)

Resources for locating nearby farmers markets in Maryland.



### Personalized Tools

#### [National Heart, Lung, & Blood Institute—BMI Calculator](#)

Online BMI Calculator.



#### [National Heart, Lung, & Blood Institute—Menu Planning](#)

Easy to use, online menu planner that allows for dietary planning and tracking.



### Promising Practices

#### [National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



### [Healthy Eating](#)

Includes “My Plate” nutrition guidelines, tips, tools, and assessment for healthy eating.



### [Prevent Obesity among People with Disabilities](#)

Factsheet about obesity among people with disabilities and steps for prevention.



### **Toolkits**

#### [The Community Guide: Community-Scale Urban Design Land Use Policies](#)

Task Force recommendations on environmental and policy approaches to increase physical activity.



### **Spanish Tools**

#### [Be Active Your Way PresFactsheet—Spanish](#)

Physical activity guidelines in Spanish.



#### [Be Active your Way Guidelines fofo for Adults - Spanish](#)

Resource in Spanish to help adults increase their physical activity.

